

# Beta-3 Agonists (for Overactive Bladder)

WARWIKI

Patient Information · A newer bladder pill with fewer dry-mouth effects

Beta-3 agonists are a newer class of pills for **overactive bladder** — urgency, frequent trips, and urge leakage. They relax the bladder so it can hold more, and they cause **fewer of the dry-mouth, constipation, and memory effects** seen with the older anticholinergics. The two are **mirabegron (Myrbetriq)** and **vibegron (Gemtesa)**.

## How It Works

They switch on **beta-3 receptors** in the bladder wall, which **relax the bladder muscle** as it fills. With a calmer, more relaxed bladder during storage, you get fewer sudden urges and fewer trips — through a different pathway than anticholinergics.

## What to Expect

- Benefit builds over **a few weeks**; taken **once daily**.
- Generally **well tolerated** — little or no dry mouth.
- A good choice for **older adults** or anyone who had dry mouth or other side effects from anticholinergics.
- Can sometimes be combined with an anticholinergic for stubborn symptoms.

### LEARN THE TERMS

#### Overactive bladder (OAB)

Urgency and frequent urination from the bladder squeezing too soon.

#### Beta-3 agonist

A pill that relaxes the bladder via beta-3 receptors.

#### Mirabegron / vibegron

The two medicines in this class.

#### Anticholinergic

The older OAB pill class; beta-3 agonists avoid many of its effects.

#### Blood pressure

Mirabegron can raise it slightly — it is monitored.

**WHY CHOOSE THIS OVER THE OLDER PILLS?** Beta-3 agonists work about as well as anticholinergics for overactive bladder but with **much less dry mouth and constipation**, and without the memory concerns — which is why they're often preferred, especially for older adults. The main thing to watch is blood pressure.

## How to Take It

- Take **once daily** as directed; give it a few weeks to work.
- Pair it with bladder training and pelvic-floor exercises for the best result.
- Keep up your follow-up so your team can check the effect and your blood pressure.

## Important Safety

- **Mirabegron can raise blood pressure** — it is monitored, and it's avoided if your blood pressure is very high or uncontrolled. (Vibegron has little effect on blood pressure.)
- Tell your team about other medicines — mirabegron can affect the levels of some drugs.
- As with any OAB treatment, report if you have trouble emptying.

## Common Side Effects

- Generally mild — headache, stuffy nose
- Rise in blood pressure (mainly mirabegron)
- Urinary infection, or some constipation

### Call your team if you have:

- **Very high blood pressure**, or a severe headache
- You **cannot urinate** or feel you're not emptying
- Swelling of the face, lips, or tongue, or trouble breathing (rare allergy) — seek emergency care

## THREE THINGS TO REMEMBER

1. Beta-3 agonists relax the bladder to ease overactive-bladder symptoms, with **far less dry mouth** than the older pills.
2. They're often a good fit for older adults or after anticholinergic side effects; give them a few weeks.
3. Mirabegron can raise blood pressure — keep your check-ups. Call if you can't urinate or your blood pressure spikes.